

Abstract

Title

The effect of wearing high heel shoes on pelvis motion.

Aim

The main aim of this work is the verification of the influence of wearing high heel shoes on pelvis motion in the sagittal plane, while walking on high heel shoes and walking on unmeasured high heel less shoes yet. After then, we want to monitor the impact of walking in these shoes on the trajectory of pelvis motion.

Methods

Objectification method was 3D record of human gait (= kinematic analysis), which was performed using the Qualisys. In our thesis we used the method of comparison. The aim of the study is the comparison of parameters measured in different types of shoes (high heeled shoes, high heeled less shoes with barefoot gait) and the influence on pelvis motion.

Results

Pelvis tilt to retroversion was more significant when walking on high heel less shoes compared with high heel shoes and barefooted walking, also an angle of the trunk and pelvis were most significantly diminished when walking on high heel less shoes compared to barefooted walking and high heel shoes. Objectively, a larger deflection of pelvis trajectory while walking on high heel shoes was not confirmed compared to walking on high heel less shoes. The average length of steps was most reduced when walking on high heel shoes, a little less when walking on HHL compared to barefoot walking.

Keywords

gait, shoes, high heel less shoes, high heel shoes